



FREMANTLE WOMEN'S HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing

Services & Developments

Summer 2016/2017 Newsletter

Welcome to the Summer Newsletter! We are fast coming to the end of another very busy year, thinking about having a well-earned break over Christmas/ New Year, and starting to enjoy those lovely summer days.

Emergency Contacts

If you have any urgent health issues while we are closed for two weeks over Christmas/ New Year (19 December to 2 January), then these are the services and contact numbers that you need to know. They all operate 24 hours/day:

- *Police 000—threats to personal safety
- *Ambulance 000—emergency health/accidents
- *Fiona Stanley Hospital Emergency Department
- *Health Direct 1800 022 222—health advice
- *Crisis Care 1800 199 008—personal & family crises
- *Lifeline 13 11 14—personal crisis
- *Mental Health Emergency Hotline 1300 555 788
- *Women's Domestic Violence Help Line 1800 007 339
- *Sexual Assault Resource Centre 1800 199 888

New Staff Member

Our exciting news is that we have created a new part-time Health Promotion and Project Officer position. Carine Rowlands, a qualified and experienced health promotion worker, commenced on 21 November at FWHC working two days per week

Carine comes to us with 10 years of experience in health promotion and community development, having worked in local government and not for profit organisations.

Carine's particular interests are in mental health, nutrition and physical activity.

She will be involved in developing a new health promotion plan and coordinating our activities in this important area of our service provision.



Services to Aboriginal Women

As a follow-up to the Aboriginal Open Day that we organised in June, during the period we provided a nurse's Pap Clinic for Aboriginal women, we had another Aboriginal Open Day on 22 November. This was very successful with 16 women attending to familiarize themselves with our facilities, services and staff. There were some craft activities, lunch was provided, and we were able to provide much needed doctor's and nurse's appointments on the spot for several women.

This is all part of our commitment to ensuring that Aboriginal women feel comfortable about attending FWHC for health issues and to contributing to an improvement in the health outcomes for Aboriginal women.

On the 17th October the annual Fremantle Women's Health & Wellbeing Day was held, an event we organise in collaboration with BreastScreen WA and The Meeting Place. What a fantastic turn out with 120 women attending to obtain information from 25 stalls, join in the many activities, listen to our guest speaker, as well as to enjoy a wonderful morning tea. The crèche, which was new this year, was a great success. Thanks to all the staff, stallholders, volunteers, caterer, activity leaders and all the people who donated some wonderful door prizes. Hope to see you all again next year!



INTERNATIONAL WOMEN'S DAY

SAVE THE DATE

8th March 2017

114 South Street
Fremantle WA 6160

10.00 am - 12.00 noon

For details check out our
Facebook page in February

RSVP 6th March to Rebecca on
94310500
For catering purposes

**Fremantle Women's Health Centre
Will be closed for two weeks from
19th December 2016
until 3rd January 2017**

***All the Staff would like to wish you a
Merry Christmas
&
A Happy New Year!***

Health Information

Motivation for the new year

It's that time of year again, and when the festive season is over everyone's attention is focused on their goals for the year ahead.

New Year's resolutions are a great way to break out of a rut and motivate yourself to make positive changes in your life. You may have written a two-page list of goals but just remember that changing habits takes work and determination. After all, how many times have we decided to give up chocolate or that daily muffin, only to fall at the first hurdle and then find ourselves on a guilt trip?

Rather than jump headfirst into making changes in 2017, it can be useful to understand the psychology of habit. Habits are formed through repetition. You're likely acting on autopilot in the morning when you brush your teeth or have a shower, but remember how long it takes to reinforce these practices in children.

Other habits, such as smoking, overeating or drinking alcohol, trigger our brain's reward centre to release dopamine, a natural feel-good chemical. Each time you repeat the habit you get a hit of dopamine, reinforcing the desire to keep doing it. When you stop the habit, you get dopamine cravings, making it harder to break the cycle. This is why it can be challenging and takes motivation to kick certain habits.

The popular "beat your habit in 21 days" mantra doesn't appear to have any real grounding in science. The general rule is that it

takes four to six weeks, sometimes longer, to convert new practices into a part of our daily routine but remember we're all different.

Setting positive goals for the new year is a fantastic way to commit to living a healthier and happier life, and they're more effective if you take a slow and steady approach, says Dr Mandy Deeks, Jean Hailes psychologist. "Be kind to yourself as you set your goals," says Dr Deeks. "Think about starting a few in the first few months of the year and then perhaps roll out another few in the second half of the year. Don't be hard on yourself if you stumble, no one is perfect. Accept that we all make mistakes and stay focused on continuing with your good work."

There are various ways to help you stay motivated and on track:

Set some achievable, easy goals and reward yourself when you reach them

Quick and easy wins will make you feel good about yourself and encourage you to stay focused on the big picture. Simple resolutions such as using the stairs instead of the lift, or drinking an extra glass of water each day are easy to do. Reward yourself with a healthy treat or time out when you reach a simple goal.

Find your happy zone

Create a music list of your favourite tunes. Listening to music you love will help distract you and boost your mood. Dancing, laughing and exercise trigger the release of endorphins, these feel-good hormones help you beat

cravings and keep your mood elevated.

Enrol positive people to support you

Positive, optimistic friends or co-workers can help you stay happy and encourage you not to return to old habits.

Avoid situations or people that trigger your old habits

Situations such as going to your local bar, or having a coffee with a colleague can trigger cravings for old habits, you may find you want a cigarette the moment you have a coffee or a beer. Change your routine so you don't put yourself in a situation which may weaken your resolve. Take a walk while having a meeting, for instance, instead of sitting at a café.

Write it down or monitor

Keeping a food or exercise diary helps keep you moving forward. Making healthy changes to your diet or physical fitness are generally more successful if you write down or record what you eat and do. You can quickly see patterns in less-healthy choices and a record helps you stay accountable, even if it's just to yourself.

*Published with the permission of
Jean Hailes for Women's Health*
jeanhailes.org.au

1800 JEAN HAILES (532 642)

FWHC Services

General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress and anxiety; depression; bereavement and loss; trauma; relationships; domestic violence; parenting concerns; low self-esteem and much more ...

Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

Medical Services

Female doctors are available by appointment Monday—Friday for a range of women's health issues.

Nursing Services

Nurses are available Monday-Thursday for well-women checks before doctors' appointments, by appointment for Pap smears, and for walk-in STI (sexually transmitted infection) screening. For the screening service no appointment is needed and it is available Monday-Thursday 9am - 3pm.

Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

Crèche

Child minding is available Wednesday morning for the postnatal support group and Thursday mornings for appointments. Bookings are required.

Other Services at FWHC

Continence Advice

A continence nurse is available on Mondays to advise on how to manage and improve symptoms of incontinence. This is a free service provided by Silver Chain to women on pension and health care cards who have had symptoms for six months or more. Phone 1300 787 055 for an appointment.

Counselling for Carers

Counselling for carers is available on Tuesdays on a fortnightly basis. This is provided by Carers WA. To make an appointment phone 1300 227 377.

Ongoing FWHC Groups

Postnatal Support Group
Wednesday 10 - 12 noon

Over Eaters/Anonymous
Wednesday 7.30 pm

Portuguese Women's Group
Thursday 2.00 - 4.00 pm

Wise Women Exercise
Thursdays 2.00 - 3.00 pm

Massage Courses & Workshops
Various days & times

**To access services an annual
FWHC Support Fee
is required:**

**\$30 full fee
\$15 concession**

Quinoa salad with beetroot, pumpkin & persian feta



Ingredients

- 1 bunch small baby beetroot, trimmed, scrubbed
- 1/3 cup Coles Brand Australian extra virgin olive oil
- 800g pumpkin, peeled, cut into 3cm pieces
- 1 tablespoon thyme leaves
- 400g Coles Brand white quinoa, rinsed
- 2 oranges, peeled, white pith removed
- 1 tablespoon honey
- 1 teaspoon wholegrain mustard
- 1/3 cup flat-leaf parsley leaves, chopped
- 1/2 cup walnuts, toasted, chopped
- 120g Persian feta, crumbled

Method

1. Preheat oven to 200C or 180C fan. Tear rectangles of foil and place a beetroot in the centre of each. Drizzle with 1 tablespoon oil. Season. Wrap to enclose. Bake on a tray for 40 mins or until tender and skins peel off easily. Spread pumpkin over a separate lined baking tray. Top with thyme. Season. Drizzle over 1 tablespoon oil. Toss to combine. Bake with beetroot, turning once, for 25 mins or until tender. Set aside to cool.
2. Cook quinoa following packet directions. Set aside to cool..
3. Holding each orange over a bowl to catch juice, cut either side of membrane to release segments. Squeeze remaining juice into the bowl. Shake the honey, mustard, orange juice and remaining oil in a screw-top jar to combine. Cut beetroot into wedges. Toss with pumpkin, quinoa, orange segments, parsley, walnuts and feta in a large bowl. Drizzle with dressing and season.

Recipe from taste.com.au